

WHAT IS CLAIMED IS:

1. A lancet device, comprising:
 - a body;
 - a trigger;
 - a front cover comprising a skin engaging end that includes a lancet opening through which a lancet needle may extend;
 - a holding member movably mounted within the body and comprising a front end and a rear end;
 - a main spring disposed between the front and rear ends of the holding member; the front end being configured to receive a lancet;
 - a first stop surface that moves with the holding member; and
 - a second stop surface non-movably coupled to the body,
 - wherein at least partial rotation of the front cover causes the skin engaging end to move axially relative to the second stop surface..
2. The lancet device of claim 1, further comprising a back cap configured to move between a retracted position and an original position.
3. The lancet device of claim 2, wherein the back cap is configured to move the holding member to a retracted position.
4. The lancet device of claim 2, wherein the back cap is coupled to a surface that engages the rear end of the holding member.

5. The lancet device of claim 2, wherein the back cap includes a surface that engages the rear end of the holding member.
6. The lancet device of claim 5, wherein the back cap comprises an opening that receives a rear end of the holding member.
7. The lancet device of claim 2, wherein the back cap includes a surface that engages projections disposed on the rear end of the holding member.
8. The lancet device of claim 2, further comprising another spring for biasing the back cap towards an original position.
9. The lancet device of claim 1, wherein the main spring biases the holding member towards an extended position, and further comprising another spring for biasing the holding member in an opposite direction.
10. The lancet device of claim 9, wherein said main spring and said other spring are arranged to surround portions of the holding member.
11. The lancet device of claim 9, wherein the main spring is coupled one side of the holding member and to a surface of the body.
12. The lancet device of claim 11, wherein the holding member comprises cylindrical surfaces and a polygonal cross-sectional shape.

13. The lancet device of claim 11, further comprising a locking member mounted to the rear end of the holding member.
14. The lancet device of claim 13, wherein the main spring surrounds a portion of the holding member and wherein the other spring is disposed between a surface of a back cap and the locking member.
15. The lancet device of claim 1, wherein the trigger is movably mounted to the body.
16. The lancet device of claim 1, wherein the front cover is removably mounted to the body.
17. The lancet device of claim 1, further comprising a mechanism for at least temporarily maintaining a depth setting position of the front cover.
18. The lancet device of claim 1, wherein the holding member comprises an integrally formed deflecting member that engages a surface of the body.
19. The lancet device of claim 1, wherein the front end comprises an opening that is configured to removably receive the lancet.
20. The lancet device of claim 1, further comprising a deflecting member configured to be deflected by the trigger.

21. The lancet device of claim 20, wherein the deflecting member is coupled to the holding member.
22. The lancet device of claim 20, wherein the deflecting member comprises an engaging surface that contacts a surface of the body.
23. The lancet device of claim 22, wherein the deflecting member is integrally formed with the holding member.
24. The lancet device of claim 1, further comprising indicia arranged on at least one of the front cover and the body.
25. The lancet device of claim 24, wherein the indicia is arranged on an outer circumferential surface of the body.
26. The lancet device of claim 24, wherein the indicia is arranged on an outer circumferential surface of the front cover.
27. The lancet device of claim 1, wherein the holding member comprises a front portion that includes the front end and a rear portion that includes the rear end, wherein the front and rear portions are connected together.
28. The lancet device of claim 27, wherein the rear portion comprises a locking end which receives a locking member.

29. The lancet device of claim 28, wherein the front portion comprises a deflecting member configured to be deflected by the trigger.
30. The lancet device of claim 1, wherein the front cover rotates about an axis that runs through the lancet opening and the holding member.
31. The lancet device of claim 1, wherein the main spring is disposed between the trigger and a back cap.
32. The lancet device of claim 1, wherein the body comprises a two-piece body.
33. The lancet device of claim 32, further comprising another spring axially retained between walls of the two-piece body.
34. The lancet device of claim 33, wherein the front cover is removably mounted to the two-piece body.
35. The lancet device of claim 34, further comprising a back cap movably mounted to the two-piece body.
36. The lancet device of claim 1, wherein the body comprises an ergonomic shape.
37. The lancet device of claim 1, wherein the body comprises cylindrical surfaces.

38. The lancet device of claim 1, wherein the body comprises a plastic material.

39. The lancet device of claim 1, wherein the front cover comprises gripping protrusions.

40. The lancet device of claim 1, further comprising threads connecting the front cover to the body.

41. A method of puncturing a surface of skin using the lancet device of claim 1, the method comprising:

adjusting a set depth of penetration of the needle by rotating the front cover to a desired set position;

disposing the skin engaging end of the lancet device against a user's skin; and triggering the trigger to cause the lancet needle to penetrate the user's skin, wherein the puncture allows a blood sample to be taken.

42. A method of using the lancet device of claim 1, the method comprising:
rotating the front cover to a desired set position;
moving the holding member to a retracted position;
maintaining the holding member in the retracted position until the trigger is triggered;

disposing the skin engaging end of the lancet device against a user's skin; and triggering the trigger to cause movement of the holding member.

43. A lancet device, comprising:

a body;
a front cover comprising a skin engaging end that includes a lancet opening through which a lancet needle may extend;
a holding member movably mounted within the body, the holding member comprising a front end and a rear end;
the front end being configured to receive a lancet;
a main spring disposed between the front and rear ends of the holding member;
a first stop surface arranged on a front portion of the holding member; and
a second stop surface axially retained to a front portion of the body,
wherein at least partial rotation of the front cover causes the skin engaging end to move axially relative to the second stop surface.

44. A lancet device, comprising:
a body;
a trigger;
a front cover comprising a skin engaging end that includes a lancet opening through which a lancet needle may extend;
a holding member movably mounted within the body, the holding member comprising a front end and a rear end;
the front end being configured to receive a lancet;
a first spring disposed between the front end of the holding member and a surface of the body;
a back cap configured to move the holding member to a retracted position;
a second spring disposed between the rear end of the holding member and a surface of the back cap;
a first stop surface coupled to a front portion of the holding member; and

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a second stop surface axially retained to a front portion of the body,
wherein at least partial rotation of the front cover causes the skin engaging end
to move axially relative to the second stop surface.